## WEEK 01

Session 01 FRACTIONED
Warming up
$+7 \times 800 \mathrm{~m}$ in 4 min 21
1 min30 recovery jog
Calm pace 15 min at pace

## Session 02 JOGeING

1 h endurance at pace 1 or 2
10 min abdominals/sheathing
10 mn stretches

Session 03 LONG OUTING
1h15 endurance at pace 2 including $3 \times 08 \mathrm{~min}$ at a speed of $5 \min 55$ per km
3 min recovery jog


## WEEK 04

## Session 01 <br> FRACTIONED

Warming up
+4x1200m in 6 min 32
2 min recovery jog
Calm pace 10 min at pace 1

## Session 02 JOGGING

20 min endurance at pace 1
$5 \times 100 \mathrm{~m}$ in progressive acceleration
Walk back to starting point
Session 03
PREPARATORY COMPETITION

10km preparatory competition

## WEEK 05

## Session 01 JOGGING <br> + STRAIGHT LINES

45 min endurance at pace 1 or 2 $+10 \times 100 \mathrm{~m}$ in progressive
acceleration
Recovery jog back to the
starting point
Calm pace 10 min at pace 1

> Session 02 FRACTIONED Warming up +2 series of $6 \times 200 \mathrm{~m}$ en 55 sec 100 m recovery jog and 3 min between series Calm pace 15 min at pace 1

Session 03 Long outing
1h20 endurance at pace 2 including $3 \times 10 \mathrm{~min}$ at a speed of 5 min 55 per km
3 min recovery jog

## WEEK 06

Session 01
FRACTIONED
Warming up
+2000 m in $11 \mathrm{min50} / 2000 \mathrm{~m}$ in $11 \mathrm{~min} 25 / 2000 \mathrm{~m}$ in 11 min /
1000 m in 5 min 27
2 min 30 recovery jog
Calm pace 15 min at pace 1

## Session 02 FRACTIONED

Warming up
$+10 \times 300 \mathrm{~m}$ in 1 min 25
1 min20 recovery jog
Calm pace 15 min at pace 1

Session 03 LONG OUTING
1h25 endurance at pace 2


## WEEK 08

## Session 01 <br> FRACTIONED

Warming up

+ 7x600m in 3 min 36
200m recovery jog
Calm pace 15 min at pace 1


## Session 02 Pre-compentition

20 min endurance at pace
+1 km in 5 min 55
10 mn stretches
Session 03 COMPETITION
HALF MARATHON OBJECTIVE 2H05

## COACH'S ADVICE

Don't try going too fast during your jogging sessions. Make sure you stay in the right pace, then let your body guide you.

Remember to include some muscle strengthening in your training, this will help you resist fatigue at the end of your run.

Remember to moisturize during and after the sessions to avoid certain injuries such as tendonitis.

